

**COUNSELING PROGRAM
SOUTHERN METHODIST UNIVERSITY**

**HDCN 6391 Personal Growth Laboratory
Course Syllabus**

A small group counseling experience designed to facilitate members' realistic assessment of strengths and weaknesses in the emotional, intellectual and physical dimensions. Goal setting and creation of workable courses of action are encouraged. Pre-requisite: HDCN 6303 Group Counseling and departmental approval.

Objectives

1. Demonstrate a continuing ability to relate to a counseling group as a helpee and as a helper.
2. Increased self-awareness and understanding through transparent self-disclosure and personal exploration.
3. Increased ability to provide and receive feedback through the group process.

Requirements

Attendance and verbal participation at each of the group sessions.

A personal journal with an entry after each group session.

Activities

This course is exclusively experiential and consists of a scheduled series of counseling groups.

Bibliography

Berg, R. C., Landreth G. L., & Fall, K.A. (2013). Group counseling: Concepts and procedures (5th Ed.). New York: Routledge.

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Gazda, G. (1975). Basic approaches to group psychotherapy and group counseling (2nd ed.). Springfield, IL: Charles C. Thomas.

Ohlsen, M. M. (1988). Group counseling (3rd ed.). New York: Holt, Rinehart, & Winston.

Yalom, I. D. & Leszcz, M. (2005). The theory and practice of group psychotherapy (5th Ed.). New

York: Basic Books.